

Sara Croskey, Certified Personal Trainer & Group Fitness Instructor

My goal is to have the most positive impact I can on the lives of the people I work with. I want to help my clients become the healthiest, happiest version of themselves. I am passionate about an all-encompassing training approach that covers performance, mindset, motivation and lifestyle. I strive to help find the right balance for clients, which means they can enjoy their lives to the fullest while looking, feeling, and performing their best.

I've been a certified NASM personal trainer since 2008, and a certified group fitness instructor since 2000. I have helped many clients find success and achieve their fitness goals. I am here to help you reach your desired goals.